



## A Study of Effect of Personal Hygiene Kit and Counseling in the Improvement of Hygiene of the Students

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### Abstract

Hygiene is an old concept related to medicine as well as to professional care practices related to most aspects of living. A sound mind lives in a sound body this saying is well known. It clearly brings to light the importance of health of body. It is only in a healthy body that a healthy mind resides. It is thus clear that without proper health and hygiene there cannot be a proper frame of mind. In the most of case it is found that there is no awareness among students about personal cleanliness and personal hygiene kit. The present study was conducted to study the hygiene habits of the 1<sup>st</sup> to 4<sup>th</sup> grade student, to create awareness among the students regarding hygiene and also was an effort to inculcate the hygiene habits among students. Researcher's self-prepared questionnaire for teacher and checklist for student producer was distributed among teachers and the students respectively. Sample was selected using quota sampling technique. Sample size of 60 students consisted of all 1<sup>st</sup> to 4<sup>th</sup> grade students of Zilla Parishad Primary School, Dhamangaon, Tanda, Taluka. Badnapur, District Jalna (Maharashtra). The data was collected and tabulated by calculating the percentage. It was found that students were able to identify the way to improve and maintain good personal hygiene habits.

**Keywords:** personal hygiene Kit, counseling

### 1. Introduction

A sound mind lives in a sound body this saying is well known. It clearly brings to light the importance of health of body. It is only in a healthy body that a healthy mind resides. It is thus clear that without proper health and hygiene there cannot be a proper frame of mind.

#### 1.1. Concept of hygiene

Hygiene is an old concept related to medicine as well as to professional care practices related to most aspects of living. In medicine, in home (Domestic) and everyday light settings. Hygiene practices are employed as preventative measures to reduce the incidence and speeding of disease in the manufacture of food Pharmaceutical cosmetic and other products, good hygiene is a key part of quality assurance, i.e. ensuring that the product complies with microbial specification appropriate to it use the terms cleanliness. Core cleanings and hygiene mostly means practices that prevent spread to disease causing organisms. Since cleaning processes (e.g. hand washing) remove infections microbes as well as dirt and soil. They are often the means to achieve hygiene. Other uses of term appear in phrases including body hygiene. Personal hygiene, Sleep

hygiene, mental hygiene, dental hygiene and occupational hygiene used in connection with public health hygiene is also the name of a branch of science that deals with promotion and preservation of health, also called hygienic. Hygiene practice very widely and what is considered acceptable in one culture might not be acceptable in another.

### 2. Objectives of study

- 1) To study of the hygiene habits of the student.
- 2) To create awareness among the students regarding hygiene.
- 3) To inculcate the hygiene habits among students.

### 3. Hypotheses

1. There is no awareness among students about personal cleanliness and personal hygiene kit.
2. The use of personal hygiene kit helps in improving hygienic habit among students.

### 4. Population

Population of the study comprises of all the students of primary school in Dhamangaon Tanda, Taluka Badnapur, District Jalna (Maharashtra).

## 5. Sample

Sample was selected using quota sampling technique. Sample size of 60 students consisted of all 1<sup>st</sup> to 4<sup>th</sup> grade students of Zilla Parishad Primary School, Dhamangaon Tanda, Tq. Badnapur, Dist. Jalna (Maharashtra).

## 6. Scope & limitation

1. The study is delimited to students and teachers of Zilla Parishad Primary School, Dhamangaon Tanda, Taluka Badnapur, District Jalna (Maharashtra).
2. It is delimited to 1<sup>st</sup> to 4<sup>th</sup> grade students.
3. It is delimited to personal hygiene and cleanliness of students.
4. It is delimited to personal hygiene kit.

## 7. Tool and techniques of data collection

Researcher's self-prepared questionnaire for teacher and checklist for student producer was distributed among teachers and the students respectively. The data was collected and tabulated by calculating the percentage.

## 8. Analysis and interpretation of data

- The researcher's data was collected through questionnaires and checklist.
- Sample of the study the representative proportion of the population is called a sample to obtain a representative sample.
- The researchers select each unit in a specifically way under controlled conditions.
- The researchers adopted the randomized matched subject sampling method, for selection of students. Which of sixty students which were more convenient in the field in Zilla Parishad, Dhamangaon Tanda, Tq. Badnapur, Dist. Jalna (Maharashtra).

## 9. Data processing

The self-prepared questionnaire was distributed among the teachers and self-prepared checklist was distributed among the student by the researcher. The data was collected and further the mean, median technique was used to analyze the data.

## 10. Conclusion

1. The student able to identify the way to improve and maintain good personal hygiene habits.
2. The student able to recognize how to maintain good personal hygiene and sanitation will support good self-esteem.
3. Student able to keep themselves away from the diseases.
4. Parents able to keep their wards healthy.

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